HOMCOM

READ AND SAVE THIS INSTRUCTION FOR FUTURE USE

ASSEMBLY INSTRUCTION

ASSEMBLED TREADMILL

Control Panel

Emergency
Stop Switch

Handrail

Flywheel Cover

Tension knob

Running Belt

Fixed knob

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IMPORTANT SAFETY INFORMATION

Please keep this manual in a safe place for easy reference

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

3. Be aware of your body's signals Incorrect or excessive exercise can damage your health.
   Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your doctor before continuing with your exercise program only.

4. Keep children and pets away from the equipment. The equipment is designed for adult use only.

5. Use the equipment on a solid, flat level surface with a protective cover on your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.

6. Before using the equipment, check that the nuts and bolts are securely tightened.

7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.

9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.

10. The equipment has been tested and certified to EN957 under class H.C. Suitable for home use only. Maximum user weight is 110kg. Braking ability is independent of speed.

11. The equipment is not suitable for therapeutic use.

12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance necessary.

ASSEMBLY INSTRUCTIONS

STEP 1
Open the package and take out the treadmill.
Make sure, there are no missing parts:
1. one main treadmill frame
2. two handle supporting frame
3. one handrail bar
4. one key bag set (M8*16inner hex screw 6pc; Φ8*Φ16*1.5 gasket 6pc; M8*50 inner hex screw 4pc; Left and right armrest cover 2pc; M6 inner hex spanner 1pc emergency stop key 1pc; Silicon oil 1pc;Fix knob 1pc; Φ8*Φ19*1.5 arc gasket 4pc;)

FLG 1

FLG 2

FLG 3
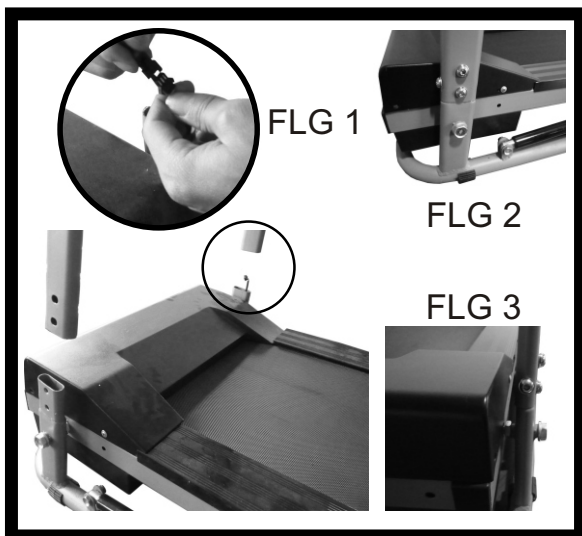
STEP 2
Take out left and right upright tubes. The upright tube with connect line is right tube. Connect the right upright tube wire (see FLG 1)
Assemble each of the handles to the main treadmill frame with bolts provided (See FLG 2) Check correct side is fitted and connect cables as shown in FLG 3 (Warning, the cables are contained in the frame, so please take care when inserting bolts to avoid the wire being trapped)

FIG 4
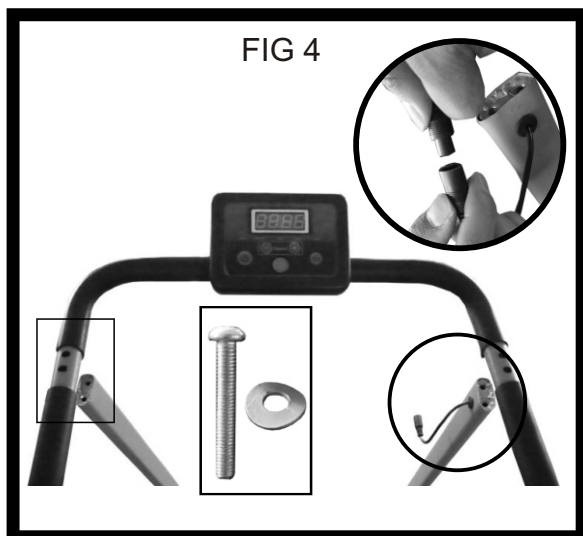
STEP 3
Take the armrest and put it onto the handrail bar, as shown – you may need to pull arm apart slightly to fit. This is perfectly normal.
Insert all four top bolts loosely at first, then tighten completely once all are fitted. Now connect the computer cables.
(Shown in FIG 4)

FIG 5

FIG 6

STEP 4
Under the console insert the securing knob and tighten to lock control panel in the correct position (Do not over tighten) (See FIG 5). Now put the magnetic safety stop key onto the console (See FIG 6).
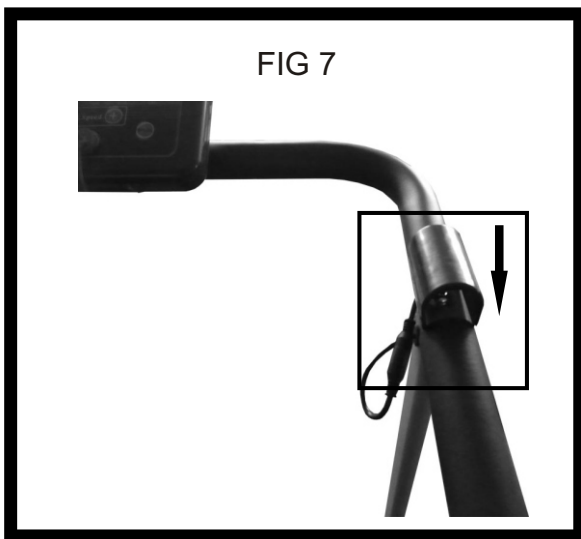
FIG 7

STEP 5
Lastly, hide the top securing bolts with the plastic covers provided (Fig 7).

ASSEMBLE/SPREAD METHOD

ASSEMBLE

FLG1　　　　　FLG2　　　　　FLG3

STEP1:Turn on the fixed knob then lift the running board to assemble the machine(FLG1).Pull out the tension knob,aimed at the platform then release the knob to fix the machine(FLG2).Move the machine(FLG3).

SPREAD

FLG4　　　　　　　　FLG5

STEP2:Pull out the tension knob then fall down the running board and fix the machine with the fixed knob then use the machine after electrify.

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EXERCISE INSTRUCTIONS

Using your TREADMILL will provide you with several benefits. It will improve your physical fitness, tone your muscles, and, in conjunction with a calorie-controlled diet, help you to lose weight
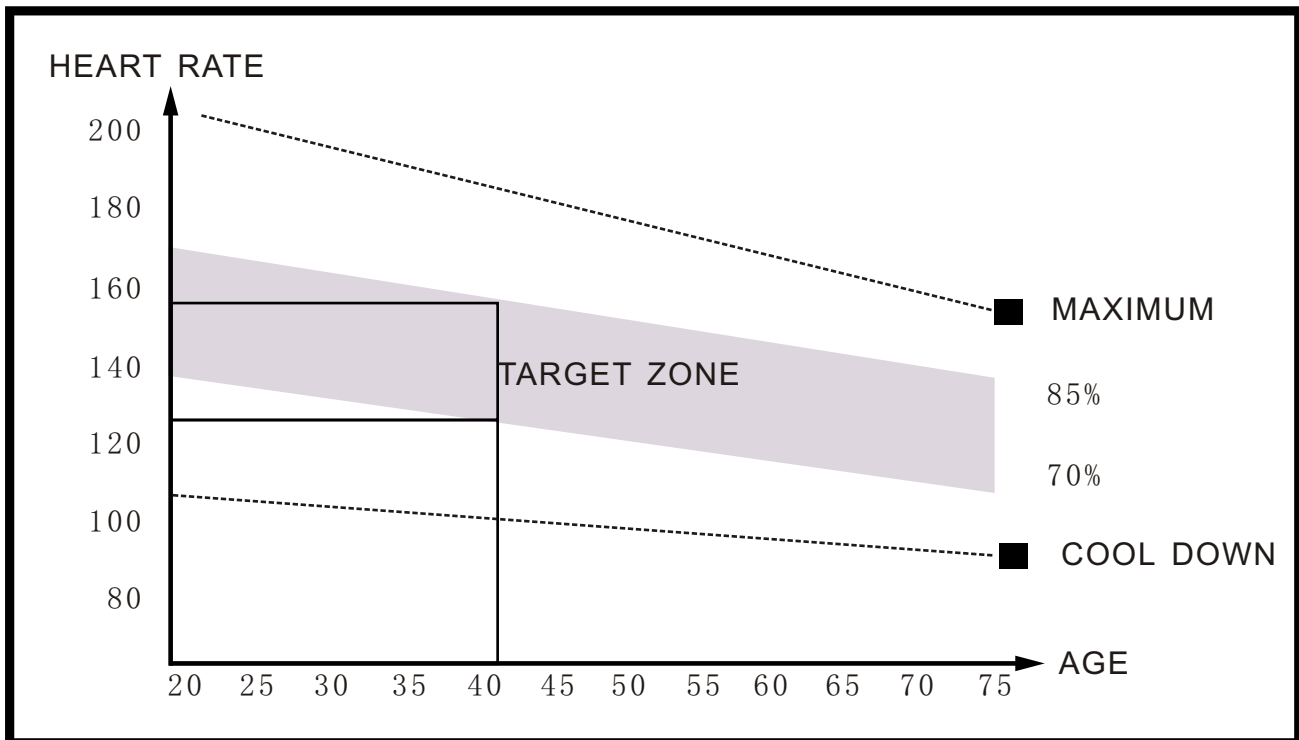
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch - if it hurts, STOP

SIDE BENDS   FORWARD BENDS   OUTER THIGH   INNER THIGH   CALF/ACHILLES
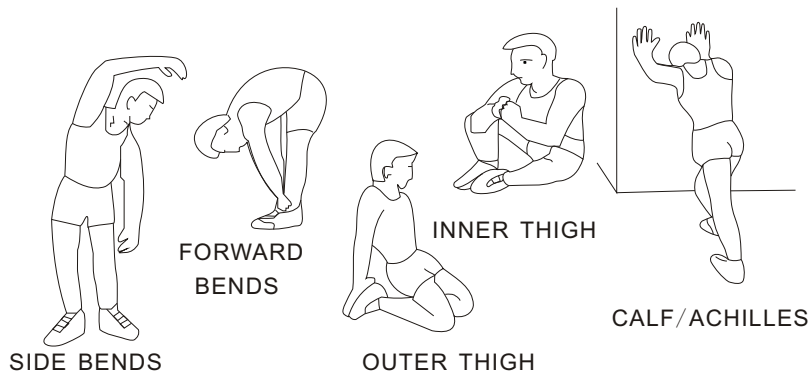
2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace but be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.

This stage should last for a minimum 12 minutes though most people start at about 15-20 minutes

3. The Cool-Down Phase

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo and continue at this slower pace for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter, you may need to train longer and harder. It
is advisable to train at least three times a week, and if possible to space your workouts evenly throughout the week.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. This is effectively the same as if you were training to improve your fitness, the difference being the goal.

SAFETY

1. Make sure all parts are secure before using your treadmill , if necessary tightens any loose nuts and bolts.
2. Always consult your physician before engaging in any exercise program.
3. Always wear sensible clothing and footwear while exercising.
4. Do not let children around the treadmill whether it is in use or not.
5. Do not exercise within 2 hours of eating large meal, or for one hour before.
6. Keep hold of the handle rail until confident with the operation of the machine
7. Only use the treadmill in a clear space, make sure there is nothing directly behind the treadmill, which could be an obstruction when getting on or off.
8. Exercise should be stopped if any of the following occur: Nausea, Trembling, Extreme Shortness of Breath, Excessively Fast Heart Rate, A Throbbing Head or Pains in the Chest. Your physician should be consulted if any of the symptoms of discomfort persist.
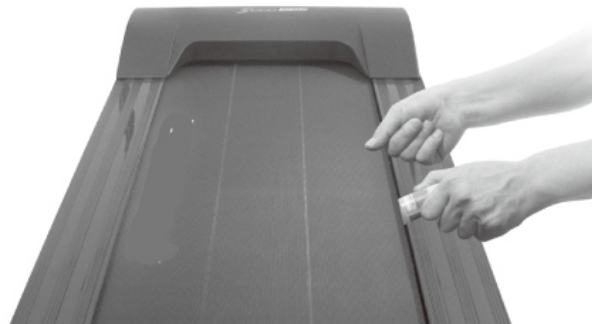
BELT ADJUSTMENT

Your treadmill belt has been adjusted at the factory but each user has a tendency to be "Right" or "Left" footed. If the belt moves to either side, it needs to be adjusted. There are two adjustment bolts at the rear of the unit (see Fig.3). Tighten by half a turn the bolt on the side towards which the belt has shifted and correspondingly loosen the bolt on the other side. Rotate the belt smoothly to ensure that it is correctly centered- if not,repeat the adjustment.
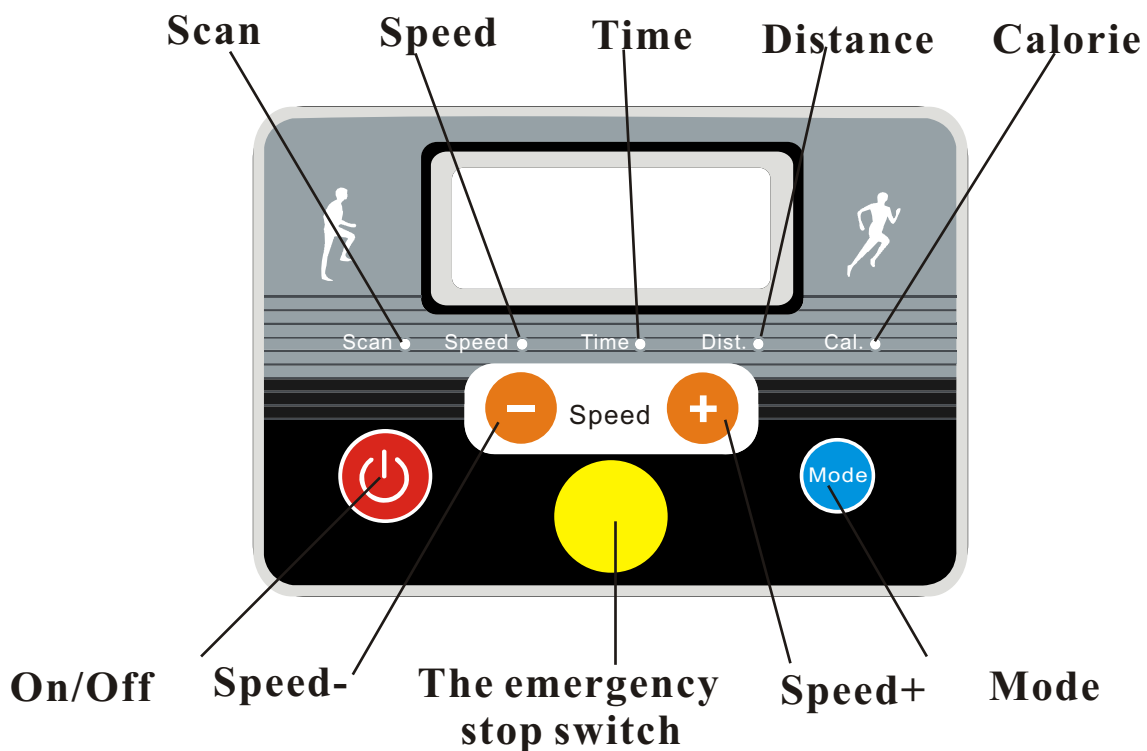

Flg. 3

Bolt Adjustment bolts
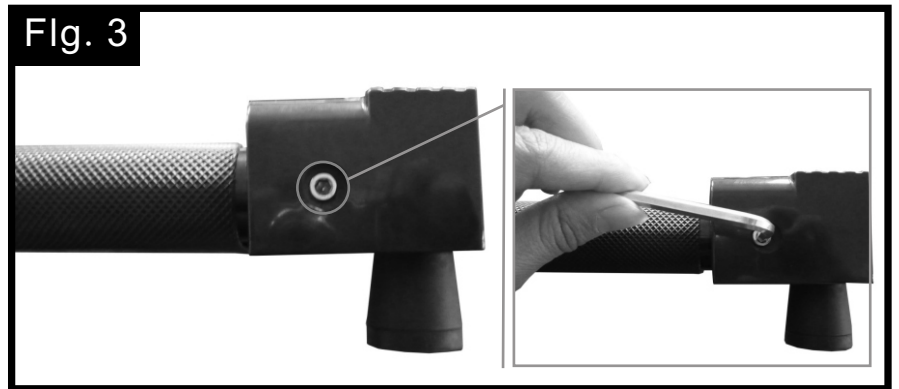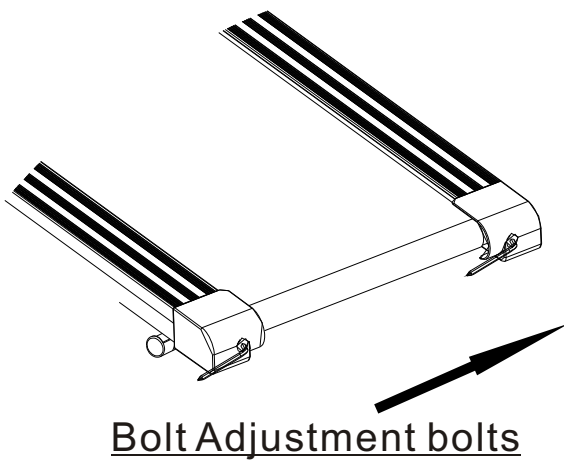
Maintenance

The belt may be cleaned with a mild soap and water. Be sure to remove any excess water after cleaning. Clean the running board under the belt periodically with a household furniture polish.
After cleaning, a small amount of silicone spray should placed on the surface of the running board to allow the belt to slide more easily.

CONTROL PANEL

Scan   Speed   Time   Distance   Calorie

Scan   Speed   Time   Dist.   Cal.

Speed

−   Speed   +

Mode

On/Off   Speed-   The emergency   Speed+   Mode
stop switch

Function Buttons
1. Place emergency stop key on magnetic docking pad
2. Connect treadmill to AC mains power outlet.
3. Press 'on/off' rocker switch at base of treadmill to the 'on' position
4. Press the 'Power' button on the computer panel. The display will carry out a short self test and then count down before starting the running belt.
5. Press the "+" button to slowly increase the speed of the treadmill to a comfortable walking pace.
6. Press the "Mode" button to cycle between 5 different computer settings (Scan, Speed (Km/h), Time, Distance & Calories burnt)
7. When selecting the "Scan" function, the display will auto-switch between Speed (Km/h), Time, Distance & Calories burnt every 5 seconds.
8. Gradually slow the treadmill to a standstill by pressing the "-" button or by removing the emergency stop key from its docking pad.

EXERCISE COMPUTER

FUNCTION BUTTON

MODE   PRESS TO SELECT FUNCTION PRESET OR HOLD TO RESET ALL FUNCTION VALUES.

FUNCTIONS

SCAN   AUTOMATICALLY SCAN THROUGH EACH MODE IN SEQUENCE FOR EVERY 5 SECONDS.

TIME   ACCUMULATES TOTAL WORKING TIME UP TO 59：59.

SPEED   ACCUMULATES THE CURRENT SPEED UP TO 10.00KM/H.

DISTANCE   ACCUMULATES TOTAL WORKING DISTANCE UP TO 99.99KM

CALORIE   ACCUMULATES CALORIES CONSUMPTION DURING EXERCISE, MAX VALUE IS 9999 CAL.

(THIS DATA IS A ROUGH GUIDE FOR COMPARISON OF DIFFERENT EXERCISE SESSIONS WHICH CANNOT BE USED IN MEDICAL TREATMENT).

NOTE

1. WITHOUT A SIGNAL FOR 4 MINUTES THE LCD DISPLAY WILL SHUT OFF AUTOMATICALLY.
2. TURN ON THE COMPUTER BY PRESSING THE POWER BUTTON.
3. STOP EXERCISE TO PRESS MODE FOR SELECTING EACH FUNCTION.

TROUBLE SHOOTING
Computer not working correctly
If your computer is not working correctly, please check whether the computer sensor wire is plugged into the computer. If you have checked the above and the computer is still not working, then please make sure the Magnetic Switch is still working and that they are installed correctly in the computer.

Technical Specification

Product Name   :Electric Treadmill
Rated Voltage   :220-240V
Rated Frequency:50/60HZ
Rated Power   :500W
Max.Bearting Weight:110KGS

Common malfunctions and solutions

Malfunctions	Cause	Solution
Treadmill does not work	Unplug	Connect the power cord
	Safety lock is not in the right place	Put the emergency stop device on the right place in control panel
	Single wire or power supply broken	Check signal wire
	Switch off	Switch on
Running belt dose not move smoothly	Not enough lubricating	Lubricate with silicone oil
	Running belt is too tight	Adjust the intensity of the running belt
E01	Control panel does not work	Check whether the communicating wire is broken or unplug
E02	Over voltage protection	Turn off the product and turn on again the product will be ok.
E03	Over current protection	Turn off the product and turn on again the product will be ok.
E05	Over loading protection	Overloaded
E06	Communication error	1. The main cable interface is loose; 2. The electronic watch is broken; 3. The controller is damaged;
E07	Safety lock disconnected	1. The safety switch is not installed; 2. The induction wire of the safety switch is broken; 3. The safety switch interface of the electronic meter is damaged;

EXERCISE NOTES

Use this space to record your own routine result